

REACH LADAKH BULLETIN

VOL. 8 ISSUE 2 PAGES 8

February 1-15, 2020

In Conversation with Reach Ladakh
Namgial Wangchok Gyapo 5

Expert Talk
Cancer prevalence in Ladakh 4

facebook Find us on FACEBOOK: Reach Ladakh

twitter Follow us on twitter: ReachLadakhBulletin

Visit our website: www.reachladakh.com

Brief News

DISCLAIMER

Reach Ladakh does not take responsibility for the contents of the Advertisements Display/classified published in this newspaper. The paper does not endorse the same. Readers are requested to verify the contents on their own before acting there upon.

Indo Tibetan Border Police wins Fire & Fury Corps Ice Hockey Championship

LEH: Indo Tibetan Border Police won Fire & Fury Corps Ice Hockey Championship by 5-4 goals after a thrilling encounter with Ladakh Scouts Red team on January 28 at NDS, Ice hockey stadium.

Fighting at 4-4, the team scored extra goal in a penalty shoot-out.

The week-long "Fire & Fury Corps Ice Hockey Championship 2019-20" was organised for the first time by the Ladakh Scouts Regimental Centre (LSRC) under Sadbhavana initiative.

A total of 13 men and 4 women teams participated in the championship.

THE REALITY

Reach Ladakh's show 'The Reality' Episode #7 will be releasing on February 8 (Saturday) TIMING: 4:00-5:00PM on our YouTube channel Reach Ladakh.
 Guest: Padma Shri and Padma Bhushan Awardee Dr. Tsering Landol, Gynaecologist

Stay tuned and subscribe to our channel.

Correction and clarification

It is the policy of 'Reach Ladakh Bulletin' to correct significant errors as soon as possible. Please specify the edition, date, news item or the article. You can contact at 9858394403 or email at editor@reachladakh.com. All communication must carry the full postal address and telephone numbers.

REACH LADAKH BULLETIN

Owner, Publisher & Printer: Tundup Dorje
Editor: Rinchen Angmo Chumikchan
Assistant Editor: Stanzin Dasal
Reporter: Tsering Dolker
Sales & Marketing: Tsering Morup
Layout: Raul Chhokkun
Published at: Reach Ladakh, Skara Yokma, Airport Road, near Councillor Quarter Contact: 9858394403
Printed at: Kaizen Offset Pvt Ltd, 3 DISDC Complex, Okhla Industrial Area, Phase - I, New Delhi - 20

Republic Day celebration: L-G unfurls national flag in Leh

Lays wreath in honour of the bravehearts at Leh War Memorial, Hall of Fame

Stanzin Dasal

LEH: Celebrating the 71st Republic day with great fervor and patriotism, Radha Krishna Mathur, Lieutenant Governor of Ladakh unfurled the national flag on January 26 at Pologround, Leh.

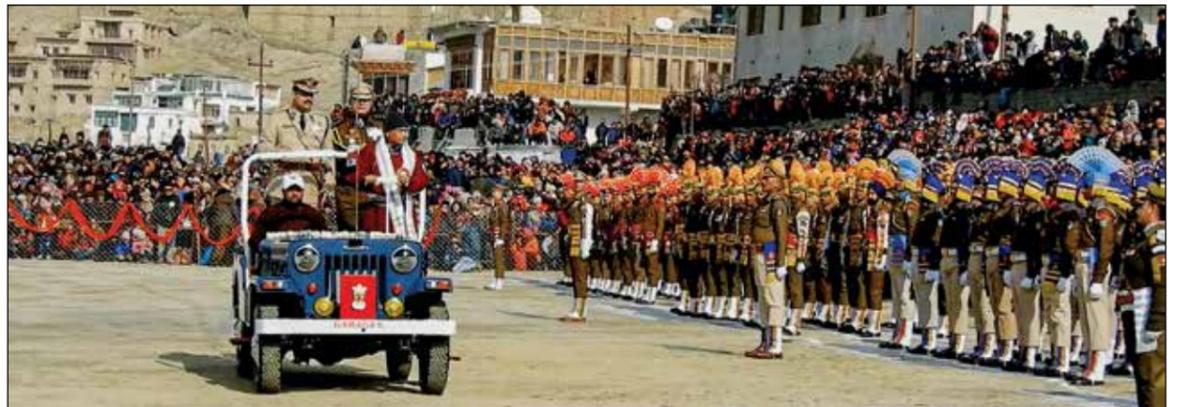
With the Union Territory status, Ladakh celebrated the national day in a very special and unique way as compared to the previous year. This year aerial salute by flying helicopter, artileries, weapons and various other military equipment of Indian Army and Indo Tibetan Border Police were exhibited. Also, both the districts of the region, Leh and Kargil participated in cultural programme and parades.

Honouring the martyrs who sacrificed their lives in service of the nation, R K Mathur also laid a wreath at the Leh war Memorial, Hall of Fame.

RK Mathur said, "This year along with the celebration of 71st Republic day we will be celebrating a new Ladakh as a Union Territory."

He expressed gratitude to Prime Minister Narendra Modi for fulfilling the long pending demand of the people of Ladakh and giving it a new identity.

He expressed gratitude for the valour of armed forces in securing the region and assisting local people in different ways including the rescuing of stranded trekkers of Chaddar trek, supply of essential commodities such as medicines and vegetables in the



Lieutenant Governor R K Mathur taking stock of the parade contingents during the 71st Republic day celebration at Pologround, Leh.

region during the peak winter season and many other activities. Also, he highlighted the developmental work carried out by the Hill Councils of both the districts.

RK Mathur congratulated the Padma awardees of 2020, Dr. Tsering Landol, Padma Bhushan in the field of medicine and Tsewang Motup for receiving Padmashree in the field of Trade and Industry.

Also, he mentioned various professionals of Ladakh excelling in different fields on various national and international forums be it scaling Mount Everest, sports, innovation and many more. He said that all these players who are excelling in different sports despite having limited infrastructure are an inspiration to many.

R K Mathur expressed the positivity in the

development of health and education sectors in Ladakh with the sanctioned Medical College and National Institute of Sowa Rigpa. He said that Ladakh University is taking a new shape under the experienced leadership of C. Phuntsog, Vice-Chancellor. He stressed on the importance of preserving and promoting the rich cultural values and tradition along with all development and quality education.

Development of education, industries, food processing units, handicrafts and handloom, promotion of potential products such as Pashmina, aromatic and medicinal plants, communication accessibility in rural areas, exploration of new tourist destination, setting up of incubation centers and common facility centers in a decentralized manner to encourage

self-employment and entrepreneurship, implementation of various government schemes and power development in the region were mentioned.

R K Mathur said, "The Central Government and the UT Administration are committed to meet the developmental aspirations of the people of Ladakh. The government is planning to sanction special packages for Ladakh. This is the time to plan and strategize development, and to absorb the boon of the status of Union Territory brings with it."

Spectacular parade saluting the national flag by all the contingents and colourful cultural programme by the specially-abled people of PAGIR, artists and school students of Leh and Kargil was presented.

Spituk monastery celebrates its annual festival 'Gustor'

R K Mathur, L-G, witnesses mask dance rituals



Reach Ladakh Correspondent

SPITUK: The two-day annual monastic festival, 'Spituk Gustor' was celebrated with religious fervour on January 22 and 23 at Spituk monastery.

RK Mathur, Lieutenant Governor Ladakh was the chief guest on the first day of the festival.

He was briefed about the monastery, it's head lama His Eminence Bakula Rinpoche and the extraordinary contributions of 19th Kushok Gyalras Bakula Rinpoche for the people of Ladakh.

He witnessed the mask dance and later visited the shrine of Paldan-Lamo (protector deity) and seek blessing.

Celebrating since 11th century symbolizing the victory of good over evil, Spituk Gustor is held on 28th and 29th of the 11th month of the Tibetan calendar every year. The festival is celebrated to promote world peace, happiness, and welfare of all beings. Meditation and prayers are performed by the monks of the monastery days prior to the festival for world peace.

Tsering Sandup, Deputy Chairman, Hill Council, Leh; Konchok Stanzin, EC Education; PT Kunzang, President LBA; Ven. Lobzang Angchuk, President, Gal-dan Targyasling Cultural and Welfare Society Spituk and many other dignitaries were also present during the festival.

CEC hoists Tricolour during Republic Day celebration in Kargil



Reach Ladakh Correspondent

KARGIL: On 71st Republic Day, Feroz Ahmed Khan, Chairman and Chief Executive Councillor, LAHDC, Kargil hoisted the national tricolour at Khree Sultan Chow Sports Stadium on January 26.

Khan recalled the contributions of the makers of the Constitution and supreme sacrifices of the national heroes who laid down their lives for the country

While highlighting the achievements, developmental activities underway and future plans of the present Council in Kargil District, CEC said that developmental works are going on full swing in sectors like Public Works, Agriculture, Tourism and Rural Development while as concrete measures are being taken to augment other sectors.

"Under PWD Sector ₹ 800 crore rupees have been sanctioned by the Central Government for up-gradation of the Kargil Zanskar National Highway 301.

Technical and financial sanction has already been accorded under Package 4 and 5 wherein work on the upgradation of 2 road stretches of around 30 kilometers length will be started soon at an approximate cost of ₹ 250 crores", he added.

He further said that during the year 2019-2020, 9 new roads have been sanctioned for the district under PMGSY at a cost of ₹ 58 crores while as the macadamization of roads spanning 95 kilometers has been completed at a cost of ₹ 88 crores.

"Improvement has come up in the position of power supply as compared to previous years and through the electricity supply from the Power Grid, the duration of power supply for urban areas has been enhanced from 12 to 20 hours and in case of rural areas from 8 to 18 hours, due to which the public has got a lot of relief", he added.

...Continues on Page 2

Traditional food festival Mamani celebrated with enthusiasm in Kargil



Varieties of traditional dishes on display during the food festival

Reach Ladakh Correspondent

SHARGOLE: Different traditional food items prepared with local ingredients were presented during the traditional food festival, 'Mamani' on January 21 at Higher Secondary School, Shargole.

The food festival was organised by Himalayan Heritage and Cultural Foundation (HHCF) in collaboration with the Youth Educational and Sports Welfare Society, Wakha Kargil.

Varieties of traditional dishes like Thukpa, Popot (Grain Soup), Hrtsrap Khur (Yeast Bread), Markhur, Azoq (Skein & Kabchey) (Puri), Poli (Pancakes of Buck Wheat), Curd, Suggoo (Kash or Pachae) and many more were prepared by the people and gathered at the meeting place (Changrah).

Feroz Ahmad, CEC, Hill Council, Kargil said that food festivals enlighten communities about the importance of reviving their traditional food practices and production which proves instrumental in reintegrating value back into traditional food systems and culture.

He underlined the importance of fairs and festivals in promoting and preserving traditions, heritage and ancestral legacy.

Feroz Ahmed further added that the Hill Council is committed for the promotion and preservation of culture and heritage in the district and assured to create separate fund allocation to organise further such activities.

As per the traditional calendar, January 21 is the end of the Mamani month which is regarded as the end of the harsh part of the winter. The day is

celebrated as a festival with the preparation of traditional dishes. The history of the celebration of this festival in Ladakh dates back to the time before the arrival of Buddhism here. At that time, people used to worship spirits called Lha and the tradition was that whatever dish one prepares at home, they had to bring out a quantity of each item on this day in the name of the Lha. As the tradition still exists with a few modifications, both Buddhist and Muslim communities offer special charity and organize special prayers for their deceased ancestors.

Shargole area with an equal population of Muslims and Buddhists is also a classic example of time tested religious harmony in the region. The festival is also a special occasion of public gathering and bonding for cultural and communal harmony in society.

Later, Feroz Khan presented awards and certificates to the winners of the best presentation and preparation of a variety of food items.

Muhammad Ali Chandan, EC Health; Dr Vinod Kumar, SSP Kargil; Dr Sonam Wangchuk, Director HHCF; Dorjay Stakmo, a prominent Ladakhi folk singer and artist, representatives of royal families of the area Amma Shema and Kacho Muhammad, senior citizens and local people in large numbers were present.

CEC hoists Tricolour during Republic Day celebration in Kargil

...Continued from Page 1

He said that in the areas with power supply from DG sets, the duration of power supply has been enhanced from 5 to 8 hours in Kargil and 4 to 7 hours in Zaskar.

He further added that the Council has flagged the development of agriculture, horticulture and allied sectors among its topmost priorities. He said that 72 new and improved varieties of apricot and mechanism of honey production from alfa-alfa flowers have been introduced in the district through SKUAST in the recent past and 250 quintals of honey have been produced from alfa-alfa flowers in just 20 days time which is a record in itself. Feroz Ahmed Khan said that these innovative technologies would soon be introduced among the farmers during the coming agricultural season.

Regarding the measures for tourism promotion, CEC said that with the objective to augment the influx of domestic and international tourists in the district, tourism festivals including the Kargil Ladakh Tourism Festival has been organised at the district headquarters as well as other areas like Zaskar, Shargole and Darchiks Garkone. He said that other steps on this front also include the first-ever fame tour of the eminent travel agents, travel writers, travel journalists to the district last year as well as the publicity campaigns at SATTE 2019 and OTM Mumbai.

He said that renovation works at Kargil House Srinagar and Jammu and Boys Hostel Channi Jammu are going on in full swing which is expected to be completed in near future. Khan further said that ₹14 crores have been sanctioned by the Government for construction of Kargil Bhawan at Delhi for which the process of tendering has also been completed and work is expected to start soon. He further said that the tendering process for construction of girls' hostel at Jammu has been completed and construction work on the project will start soon.

"To ensure the provision of quality education, apart from skill enhancement training to teachers, Government schools are being run on model school basis". He also congratulated those teachers whose dedicated efforts have brought a renewed enthusiasm towards the overhaul of the educational system in Government-run schools", he added.

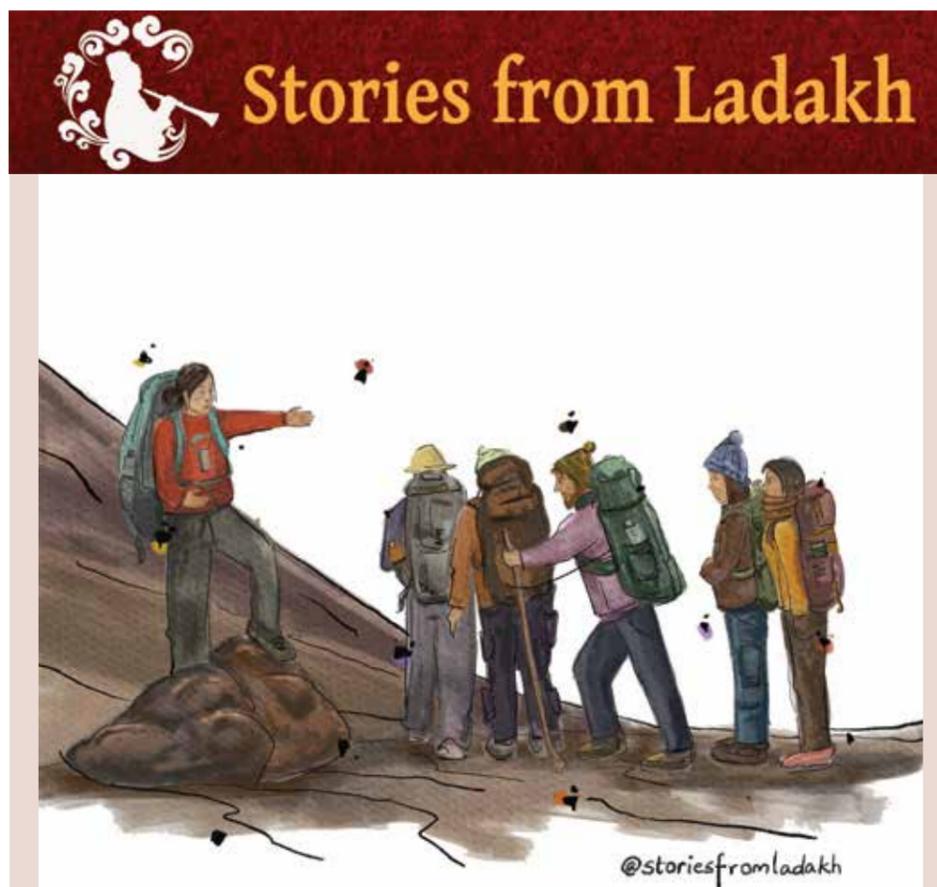
CEC also expressed his thankfulness to the UT Ladakh Administration particularly Radha Krishna Mathur, Lieutenant Governor for his keenness and concern towards the equitable development of both Leh and Kargil districts. He also sought the intervention of LG Ladakh in ensuring the early start of work on the construction of Zojila Tunnel and resolution of issues related to the expansion of Kargil Airport by taking them up with concerned authorities of the Central Government.

Meanwhile, colorful cultural programmes were presented by the artists of Cultural Academy and students of various Government and private educational institutions.

Later, CEC and other dignitaries distributed mementoes and certificates among the employees of various departments, meritorious students, members of NGOs, volunteers and individuals for their extraordinary performances and contributions for public welfare. Prizes were also distributed among the participants in the March Past and cultural programmes.

Meanwhile, Republic Day was also celebrated at Sub Division Drass, Sankoo, Zaskar and Shakar Chiktan besides Tehsil Tai Suru and Shargole.

Sonam Chosjor, Additional Deputy Commissioner Kargil hoisted the national flag at Drass, Tundup Namgyal, Incharge SDM at Padum Zaskar; Kacho Asgar Ali Khan, Tehsildar at Shakar Chiktan; Sonam Dorjay, Incharge SDM Sankoo at Sankoo, Ghulam Mehdi, SDM Shakar Chiktan at Tehsil Shargole while Sajjad Hussain, Tehsildar Tai Suru at Tehsil Suru.



By Richa Maheshwari & Athulya Pillai

When I first applied to travel agencies, they told me that I could not guide a group of tourists into the mountains because I am a woman. They all rejected me. I could not help but think that all Ladakhis live in the mountains. In the villages, both men and women work hard. There is no difference between us.

When I finally started guiding trekking groups, I noticed that my clients were happy and a little surprised to see me. They had travelled in other parts of India but had not encountered another female guide. The Ladakhi women I met began to approach me. They knew that I worked as a guide and urged me to take them on as helpers. Their interest made me realize that I had an opportunity to encourage other women. That is why I started the Ladakhi Women's Travel Company.

We hire women, and then we train them. The first year, they take basic English courses and work as a porter. Working as a porter allows them to learn about trekking routes, environmental challenges, and how a professional guide acts. Their second year, we teach them about flora and fauna, Buddhism, first-aid... all the basic things that a guide should know. After they show an understanding of these topics, they start working as a trainee guide. If they get good feedback from clients, they become guides.

Most of the women that join us are very shy at first. They are hesitant to speak up, even when the client is doing something wrong. But now, some of these same women are leading groups. They are more confident. It is a big change. We do have some issues because the tourist season is very short and it is difficult to employ all the women during the off season. Some of them take courses to improve their English or computer skills. Others are able to travel out of Ladakh because they have an income. This year some of the girls are participating in the Ice Stupa competition in Gangles.

Personally, I want to focus more on women's issues. We recently started Ladakh Women's Welfare Network to help women who have suffered sexual harassment and domestic abuse. Many of them need temporary housing, job training and support. Generally, if anything bad happens, people blame the women. We tell them it is their fault that they went out late, but that is not true. If men and women are equal, then women can go anywhere freely. At any time. We want people and families to understand that.

There is a land in Sabu where we want to build the women's shelter. We are trying to work through the formalities and the paperwork.

Storyteller: Thinlas Chorol, Takmachik

Do you have a story that you would like to share with us? Write to us at: hello@nyiska.com

For more Stories from Ladakh, follow us on <https://www.instagram.com/storiesfromladakh/>

Meeting held to discuss opening of NCC Division and Wings in Leh

Reach Ladakh Correspondent

LEH: To discuss the opening of NCC Division and Wings in every zone of Leh district, a meeting was convened by Konchok Stanzin, EC with Col. A.M. Shinde Commandant NCC, Leh and A.D planning Education Department, Leh on January 28.

Col. A.M. Shinde informed that presently 6 senior and 18 junior wings as per available sanctioned strength of 200 senior and

1200 junior exist in Leh and Kargil and for the inclusion of every zone/ waiting schools a proposal for up-gradation of NCC Unit has been submitted to NCC Directorate.

Regarding the infrastructure development for NCC headquarter at Leh it has been informed that the land has already been allotted and the design has been framed. He requested EC to take up the matter of funding with concerned of UT Ladakh of devel-

opment of the structure.

EC Konchok, directed AD planning education to keep provision of funding for infrastructure development of NCC headquarter accordingly and urged the Commandant NCC, Leh to take up appropriate necessary steps for opening of new NCC wings in every Zone with consultation of Education Department in future so that students of every zone gets opportunity of NCC in future.

Ladakh Food Processing Summit held in Leh



Experts and participants during the Food Processing Summit at Grand Dragon Leh.

Tsering Dolker

LEH: To build food processing sector and to recommend strategies on food processing and agriculture activities, the first-ever Food Processing Summit themed 'Building Partnerships for Inclusive Growth in Food Processing Sector' was held on January 16 in Leh.

It was organised by the Department of Industries & Commerce, Ladakh with the help of Ministry of Food Processing Industries, GoI and Invest India, the national investment promotion and facilitation agency.

Reema Prakash, Joint Secretary, Ministry of Food Processing Industries, GoI who was the chief guest explained the difference of role between the Ministry of agriculture and Ministry of Food Processing Industries. She elucidated that the Ministry of Food Processing Industries ensures value addition to the food

products once they are processed and assured that the ministry is all set to promote both districts of Ladakh in food processing. She also informed that a similar workshop in Kargil will be organised in coming days.

Reema Prakash also informed about the organic festival for women entrepreneurs to be held in Delhi in February and invited women entrepreneurs from Ladakh.

Dorjay Wangchuk, Executive Manager of EDI Ladakh and department of Industries and Commerce informed that the summit is to develop the forward linkages of our products to reach outside Ladakh and to identify the backward linkages especially the small regions and their needs of technical inputs, infrastructure, machinery, equipment or training for skills development so that our agriculture sector will also develop. He also informed that

there are around 175 participants of farmers, entrepreneurs, youths and others.

Saugat Biswas, Secretary Industries & Commerce, Ladakh explained about the added value of food production, expert guidance and support from the Government of India in order to boost the food processing industry in Ladakh.

Moses Kunzang, Director of Industries & Commerce, Ladakh gave a detailed presentation on the issues and requirements of industries in Ladakh and explained the importance of sea-buckthorn for Ladakh's economy.

Dr. Nitin Kumar from National Institute of Food Technology and Entrepreneurship Management (NIFTEM) and Dr. Sandeep Janghu expert from Indian Institute of Food Processing Technology (IIFPT) presented their presentation. Invest India presented the benefits of various schemes under Ministry of Food Processing Industries.

Baseer-Ul-Haq Chaudhary, Deputy Commissioner, Kargil and many producers from Kargil also joined the summit through video conferencing and requested the MoFPI team to visit Kargil to check the opportunity of organic products.

An open house session was also followed after the presentations, where the participants from Leh and Kargil cleared their doubts.

CBSE delegation calls on Chairman, Hill Council, Leh

Discusses shifting of schools from JKBOSE to CBSE, syllabus, CBSE affiliation by-laws, bridge courses for in-service teachers, inclusion Bhoti language as compulsory subject

Reach Ladakh Correspondent

LEH: To discuss the procedures for affiliation of govt. schools of Leh district with CBSE, a meeting was chaired by Gyal P Wangyal, CEC, Hill Council, Leh with Central Board of Secondary Education (CBSE) delegation team headed by Deputy Secretary, Affiliation from CBSE, Karnail Singh on January 26 at Council Secretariat.

Tsering Sandup, Deputy Chairman, Konchok Stanzin, Executive Councillor for Education, officers of Education Department Leh headed by Tsethan Dorje, DEPO, Leh and Tashi, Secretary, JKBOSE were present.

Konchok Stanzin, EC briefed CBSE team about the present education system, enrollment of students and school infrastructure facilities of Leh district.

The meeting had a threadbare discussion on shifting of schools from JKBOSE to CBSE, student grievances, sessions, criteria, syllabus, CBSE affiliation by-laws, bridge courses for in-ser-



vice teachers, inclusion Bhoti language as compulsory subject etc.

Karnail Singh, Secretary, Affiliation from CBSE informed that the CBSE exists in difficult areas like Arunachal, Sikkim and Himachal states and conducts exams successfully. He said that if UT Ladakh Administration and Hill Council, Leh decides to affiliate its schools with CBSE, the transition will be slow and smooth so that students could adjust to the new board easily.

Regarding the inclusion of Bhoti

language as a compulsory subject in CBSE, Singh said that on the pattern of regional languages, Bhoti can be inducted as an optional like Urdu/Arabic etc but cannot be a compulsory subject in CBSE.

Wangyal, Chairman and Tashi, Secretary JKBOSE stressed for establishing a Regional Office/Sub-Office of CBSE at Leh keeping in mind the harsh-topography and scattered area of Ladakh so that students could solve their problems at Leh only. The delegation assured to keep this point in their report.

EC Konchok discusses vehicle registration issue with ARTO, Leh

Reach Ladakh Correspondent

LEH: A meeting was convened by Konchok Stanzin, EC Education with S.S Jamwal Assistant Regional Transport Officer, Leh in his office chamber on January 25.

He discussed the problems being faced by the drivers and transporters of Leh district in the registration of new vehicles, new permits, issuance of driving license and new LA 02 vehicle numbers.

ARTO, Leh informed EC that due to hike in road tax on all vehicles under SRO-492 dated:- 01-08-

2019 of erstwhile J&K state government also applicable for UT Ladakh i.e one-time tax @ 9% of the cost of the vehicle, the vehicle owners are hesitant to register. He said that for issuance of driving license and new LA 02 Numbers for Leh vehicles, new portals are already allotted and likely to be functional at the earliest. Regarding new commercial vehicle permits, ARTO Leh said that permits for commercial vehicles are being issued as per past practice except for passenger vehicles which will be decided by the constituted com-

mittee in near future.

"To address ARTO issues, Leh and Kargil, the Ministry of Road & Transport will listen to the issues of UT Ladakh on 30th Jan 2020 through video conferencing," said Jamwal.

EC Konchok directed ARTO, Leh to take-up the issues of ARTO, Leh with genuine justifications including relaxation in road tax, provision of installment in road tax payment for Ladakh region with Ministry of Road Transport GoI on 30th Jan 2020.

UNFCC and Ranstad India organises 'The Last Game' in Leh

Ice Hockey exhibition match played between team India and UNFCC

Reach Ladakh Correspondent

LEH: Linking together sports and environment, 'The Last Game' a special game of Ice-hockey was played between India and representing team of United Nations Framework Convention on Climate Change (UNFCCC) on January 15 at Ice Hockey Rink, NDS Complex Leh.

The event was organised by the United Nations Framework Convention on Climate Change (UNFCCC) and Randstad in collaboration with the Hockey Foundation and Ladakh Winter Sports Club supported by Ladakh Women Ice Hockey Foundation.

The UNFCCC has organised the Last Game at various parts of the world before and is also planning to conduct this game in Antarctica.

Paul Dupuis, CEO and Managing Director of Ranstad India said, "Sports builds friendship and communication and through this medium, we are telling stories to the world about the impact of climate change in the Himalayan region where the glaciers are receding at a very fast pace."

Slava Fetisov, UN Environment Patron for Polar Regions and Russian Hockey legend spoke about the aim which is to aware people about the negative impact due to climate change.



Ice hockey players of team India and UNFCC during the Last Game event at NDS Sports complex, Leh.

R.K Mathur, Lieutenant Governor of Ladakh, who was the chief guest of the occasion, presented 'The Last Game' jersey to the Captains of both the Ice hockey team and the referees.

Talking about the Last Game, N.A. Gyapo, President, Ladakh Winter Sports Club said that it is organised to convey a message to the people that the ice might not freeze in the next winter to play hockey because of the rising temperature and depleting ice in the Himalayan region.

Gyal P Wangyal, CEC Hill Council Leh; Executive Councillors, Konchok Stanzin and Mumtaz Hus-sain; Sonam Wangchuk, Founding Director SEC-MOL & HIAL and many others were present.

Leh observes National Girl Child Day



Reach Ladakh Correspondent

LEH: Along with an awareness 'Beti Bachao Beti Padhao' programme, National Girl Child Day was observed on January 24 in Leh at Sheynam Community Hall.

Sachin Kumar Vaishya, DC, Leh, said that 'Beti Bachao Beti Padhao' programme launched on Jan 22, 2015, is an initiative to improve the declining sex ratio in India. He said that in North-East and Ladakh women are empowered and in a better position but he stressed on women to think on achieving higher places in male-dominant spaces like politics and other higher posts in different fields.

He said that such program shouldn't remain confined to celebrations but should have results on the ground in creating a bet-

ter future for the girl children in Ladakh.

Mumtaz Ali, Director, Social Welfare Department, Ladakh said that girls play a vital role in moving the society forward and we all must value girls. He said that in the last decade girls related issues have seen great improvement but there is still a lot to do for their progress.

He added that Beti Bachao Beti Padhao program awareness is being created to change the mindset of people specially at the rural level to avoid discrimination between boy and girl and to provide good education, health and future to their daughters also.

The Ministry of Women and Child Development and the Government of India launched

National Girl Child Day in 2008 to spread awareness among people about the inequalities faced by girls in the country, the rights of a girl child, the importance of girl education, health and nutrition and ensure equal opportunities and exposure.

Padma Chuskit, student of JNV, Leh and Padma Chosdon, student of Moravian Mission School, Leh spoke about the importance of Girl Child day.

Meanwhile, Sachin Kumar felicitated the girls of Leh district who excelled in academics and other fields. The name includes Farhana Eliyah bronze medalist in 3rd Khelo India Youth Games, Mariyam Bano for scoring 3rd position in 10th class (2019-20), Stanzin Yangskit topper of 12th class (2019-20) in commerce stream from Govt. Higher Secondary School Sumoor, Nubra and Yangchan, 12th class topper (2019-20) in Arts stream from Govt. Higher Secondary School, Diskit, Nubra, Best NCC Cadet, and winner of Chuna Hay Aasman (Singing Competition) of Govt. Girls Higher Sec. School Leh.

NOTICE

Whereas Stanzen Rigdol F/o Jigmat Daldan R/o Tia Leh Distrist has claimed that the Date of Birth of my son namely Jigmat Daldan has wrongly been recorded as 02/04/2013 while the actual Date of Birth is 02/04/2015.

Whereas the father of the candidate has produced affidavit duly verified by the Notary Public Leh to this office for making nesscessary correction in the date of Birth of his son. This has been authenticated by certificate issued by numberdar Tia and Birth certificate issued from office of the registrar Birth and Death Department Municipal Committee Leh.

Hence, notice is hereby served through press to file objection if any in this regard to this office within 7 days from the date of issue of the notice.

EXPERT TALK

Cancer prevalence in Ladakh

By Stanzin Dasal



Dr. Sajjad Hussain, Consultant Surgeon, District Hospital Kargil, Ladakh: Cancer and cancer-related deaths in Ladakh is alarmingly on the rise because majority of the risk factors are prevalent in this region. Cancer of Stomach (42.12%) is the most common cancer cases in both males and females. Two-year cancer registry record of Leh district shows 19 cases of stomach cancer in 2017-18 and 22 cases in 2018-19, almost similar in comparison to Kargil district with 21 cases in 2017-18 and 19 cases in 2018-19.

In Kargil, stomach cancer is followed by lung cancer and liver cancer in males. In females, it is followed by Gall-Bladder and Breast cancer. Gastro-intestinal malignancies are the commonest malignancies including cancer of esophagus, Colon and Rectum and together accounted for half (51.35%) of all the cancers.

Common cancer cases:

The top ten most common cancers in descending order in Kargil Ladakh are stomach, lung, liver, oesophagus, rectum, urinary bladder, gall-bladder, brain, colon, and testicular cancers in males. Whereas in females, stomach, gall-bladder, breast, esophagus, ovary, liver, pancreas, lung, cervix and thyroid cancer are found. More cases of various organ cancer are being diagnosed during the last 3 decades in Ladakh due to improved health care delivery system in the region.

Risk Factors and Reasons:

Rough terrain, high altitude with hypoxic conditions, exposure to high UV rays, unique food habits of the region, peculiar culture and lifestyles and high prevalence of Hepatitis B infections. (8.3%) in the region are the various prevalent risk factors. In Ladakh, the most important specific food habit is the excessive consumption of large quantities (>5-10 cups/day) of butter tea or Gurgur tea. The sodium bicarbonate (soda) and common salt (NaCl) in it are well-known irritants of gastric epithelium and have been considered as a risk factor for gastric cancer. High consumption of red meat and fatty meal, fewer intakes of fresh fruits and vegetables for almost 6 months (November-April), excess intake of dry, raw foodstuffs, stored meats, stored tinned food items,

besides traditional spicy foods and pickles; especially in winter; are the other worrisome risk factors of the area. Tobacco is an independent risk factor for Lung, Stomach and many other cancers like oral-cavity, Pharynx, Esophagus, Larynx, Urinary Bladder, Ovary, Colon and Rectum.

The high incidence of liver cancer in our region is because of the high prevalence of Hepatitis B virus. In Kargil district, the prevalence of Hepatitis B infection is 7.86%-8.3%, whereas its prevalence is 3.3-5.75 % in Leh. Chronic Hepatitis B infection is one of the causes of liver cancer in Kargil Ladakh.

Alcohol may be carcinogenic to Esophagus, Cardia and Liver. Alcohol intake increases 3-fold the risk of cirrhosis and liver cancer. The risk for HCC increased significantly among subjects with an alcohol intake of 50 g/day or more, with a relative risk of 1.2 for 50-99 g/day and 1.5 for > 100 g/day.

The risk factors involved in the rise of Colo-Rectal cancer in this region may be due to declining habit of taking high fibre ancestral diets like "Khulak" and "Pappa". Changing lifestyles such as less physical activities, heavy metal contamination of soil, food and water, use of pesticides, dyes and artificial coloring agents (like Tartazine), food adulteration, reuse of frying oils, increased intake of junk foods is leading to a health catastrophe especially cancer in Ladakh.

Sedentary lifestyle, physical inactivity including less of agrico-farming activities in the modern generation, spending more time on mobiles, computers and have increased the risk of obesity which is also considered to be a cancer risk factor.

Challenges

Due to the non-existence of population or hospital-based cancer registry or any other previous cancer-related study, no data of magnitude of this dreaded disease was available before my studies. It is also very disheartening to see people die of cancer as young as 30 years, in Ladakh. Lack of people awareness about the disease is a cause of concern.

Precautionary measures

Focus more on the healthy dietary habits including high fibre traditional diets, more of fruits and vegetables, less of salted tea, unhealthy foods, fats and meats, stored meats over long period, do regular exercise and physical activities, avoid high ultraviolet rays and excessive exposure to mobile radiations, vaccination against hepatitis B and last but not the least, avoid high-risk factors like smoking and alcohol.

A significant percentage of newly diagnosed cancers can be cured. Cancer is more treatable when detected early. Some common sign

and symptoms that may occur with cancer and may need further investigation are Persistent cough or blood-tinged saliva, significant change in bowel habits, blood in the stool or urine, unexplained anaemia, breast lump or breast discharge, lumps in the testicles/Undescended testis presenting late, change in urinary symptoms, hoarseness of voice, persistent lumps or swollen glands, obvious change in a wart or a mole/swelling, indigestion or difficulty swallowing, unusual vaginal bleeding or discharge, non-specific symptoms like unexpected weight loss, night sweats, loss of appetite, headache, back pain, pelvic pain, bloating, or indigestion and non-healing sores/ulcers.

Solutions:

- Need for cancer-related infrastructure
- Mass awareness among the people about the disease
- Need for urgent screening protocol to identify patients at earlier stages
- Establishment of a proper cancer registry and active cancer society



Dr. Tashi Thinles, Consultant Physician, SNM Hospital, Leh: Cancer is becoming one of the most alarming diseases in Ladakh. The common cases are stomach, colon, esophagus, liver pancreas, lung and cervical cancer. To determine the exact reasons behind the actual causes of the disease requires scientific studies.

In Ladakh, the incidence of stomach cancers is very high as compared to rest other parts of India.

Most of the cases, when patients are diagnosed with cancer they are in the age group of 40-60 years which is a matter of concern. The geographical condition of the region such as high altitude with the hypoxic condition itself is a risk factor. According to the study done earlier, it shows that the food habit of people like high intake of salt in local butter tea is a risk factor. Apart from that, other reasons are consumption of leftover food which is very common due to cold climatic condition, unavailability of fresh foods and vegetables in winter almost for 6 months, cigarette smoking, alcohol, red meat specially barbecued are also contributors of the disease.

Hepatitis-B virus is another risk factor of causing cancer in certain cases such as the liver. Hepatitis B is very common in Ladakh and an average of around 7% of the population carries the virus and is

...Continues on Page 6

Principal Secretary, Industry, discusses power sector development plans in Ladakh and J&K

**Reach Ladakh Correspondent**

LEH: A meeting on preparing a road map for the development of power sector in the Union Territories of J&K and Ladakh was convened by Principal Secretary Industry, Govt. of India, Alok Kumar on January 17 at Hotel Grand Dragon, Leh.

The meeting aims to discuss the way forward for setting up of an organisational model and institutional mechanism for Power Development Department in UTs of Ladakh and J&K.

Different organisations including Power Development Department, Ladakh, Central Electricity Authority and Power Grid gave comprehensive presentations on power scenario in both the UTs. Various technicalities and challenges being faced due to the gap between demand and availability of power were highlighted.

Discussion on Power scope, possibilities for improvement of existing system and potentials to explore alternative means such as solar energy were carried out.

Alok Kumar, Principal Secretary asked Central Electricity Authority to gauge full requirement of power, gaps, shortages, proposed projects and plans targeted by 2026-27 being put forth from concerned authorities.

He said that the aim is to ensure 24x7 power supplies to every household in Ladakh and J&K. Central Electricity Authority was asked to consider electrification of the critical remote pockets and implementation of sanctioned schemes with identified work that could not be executed earlier due to lack of fund in parallel with the existing projects. Also, he asked them to consider the power need of Ladakh and J&K specifically during winters when power generation drastically comes down and resolve the bottleneck of connecting 15 km circuit from Zinakote to Alusteng at the earliest.

He instructed Power Grid to establish Load Dispatch Centre along with Transmission System Operator in Ladakh to ensure proper energy accounting. He further urged the power departments to consider tariffs, cost-

ing, commercial parameters, proper metering system and to take up the sanctioned schemes in full swing for timely completion.

Rigzin Samphel, Commissioner/Secretary Power, Ladakh put forth the requirement of an alternate transmission line for Ladakh and deployment of manpower with new structural set up of PDD. He also raised other transmissions, power supply and solar energy-related issues for due consideration.

R. Lakshmanan, Executive Director, Rural Electrification Corporation Ltd; Bashir Ahmad Dar, Secretary Technology JKPD; Advisor Ministry of New and Renewable Energy, senior officers from Central Electricity Authority(CEA), Solar Energy Corporation of India Ltd.(SECI), Power Grid Corporation Of India Limited (PGCIL), National Hydroelectric Power Corporation (NHPC), SECI, Chief Engineer Power Development Department(PDD) Ladakh, concern engineers and other stakeholders from power sector were present.

SoulSpeak

P.P. Wangchuk

Accept criticism, and forge ahead



We are generally a very touchy people. That is why we get angry and don't tolerate anybody criticising our words and action. Most of us 'pay back' in the same 'coin.' If we rationalise and look within, we would realise that there are certain good elements too in criticism. First, we get to understand ourselves a lil better in the sense that we, at least some of us, try to know our worth, and get to see the reality of the situation we are placed in.

As a result, we get a chance to be 'down-to-earth' guys, and this kind of practicality helps us do much better. That is why American activist Malcolm X had said: "If you have no critics, you will have no success." The point to note here is that we should be scared of those who keep quiet or keep singing our praises.

One should also understand that criticism happens only with people of substance, those who try to do something good and beneficial. And, generally, those who criticise are those "good-for-nothing" fellows who make it a point to be critical whenever someone is seen forging ahead with his/her endeavours.

History tells that that the greatest of leaders of the world, who brought about revolutionary changes in society and made living better for mankind, were hardly treated as heroes during their lifetime. Some of them were killed, and others had harrowing times. It is only when they are no more that they are remembered with great fondness, and become great heroes.

Winston Churchill had once said that the fact that you have enemies is a definite evidence that you are doing something solid in life by standing for something. What a profound statement, and a lesson to be remembered and remain cool whenever you are made a target of attack.

But there is one important caution: All criticisms do not come out of enmity. There are an equal number of people who are sincerely and genuinely critical and also those who are enviously critical. And, let me remind you, we should be grateful and thankful to both of them!

Courtesy: WongWorld

The writer is a New Delhi-based Editor-at-large, columnist and professional speaker

In Conversation with

Namgial Wangchok Gyapo, President, Ladakh Winter Sports Club, Leh

Interviewed by Tsering Dolker

Q. Brief us about the Ladakh Winter Sports Club

With an aim to uplift winter sports in Ladakh, Ladakh Winter Sports Club was formed by a group of friend in the year 1995. All the activities of the club are carried out on small donations and volunteers. The cold winter months with freezing temperature makes Ice hockey, the famous sport in Ladakh. Despite having limited resources we started organising tournaments and from the year 2003-2004, coaching to children from 3 years onwards is initiated to further enhance their skills. Every year on the invitation of Club and Hill Council, Leh, two foreign coaches imparts coaching to the children.

The club is registered and is affiliated with Ice Hockey Association of India. Today, 95 per cent players of the team India are Ladakhi and both men and women represented in different championships.

Since the last couple of years, the local players also had an opportunity to play with the Canadian Embassy teams. Efforts are also being made to invite other embassy teams of Ice hockey-playing nations to Ladakh in the near future.

Q. Tell us about the various scopes of winter sports in Ladakh?

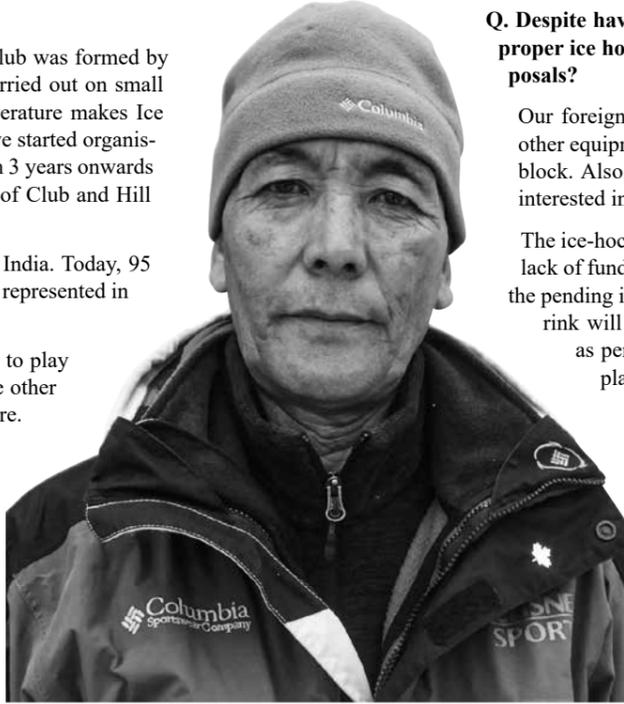
Ice hockey is one of the most potential and ideal winter sports in Ladakh. The sport is loved by all and has engaged youths of Ladakh in a very positive way as there is nothing much to do during the cold long winter months. Presently, we have 15-16 men team and 9-10 women ice hockey team.

Many of the players have got a job opportunity in Military and Paramilitary forces because of the sports. Likewise, many such opportunities and scopes will be there in other fields also after the recognition of this game by the Union Government.

Q. What is the status of Ice hockey in Ladakh in terms of players and needed infrastructure?

Besides the local tournaments held every year, the game is played at the national level such as Chief Minister Ice-Hockey Running trophy for both men and women, Winter Tourism Promotion Cup organised by J&K Department, Leh and Ladakh Winter Sports Club with an aim to promote winter tourism. From the year 2001, the club organises Indo-Canadian friendship Cup every year because of which players from USA, Swiss, Germany and Japan also started participating.

Although we have a suitable climate and potential players, the main challenges faced is the lack of needed infrastructure and equipment.



Q. Despite having potential ice hockey players in Ladakh, we are still lacking with proper ice hockey rink and infrastructure. Brief us about different plans and proposals?

Our foreign friend are generous enough to donate around 300 used Ice-Skates and other equipment. A total of 60 skates are already distributed to the children of Durbuk block. Also, we are planning to provide equipment for every young player who is interested in Ice-Hockey in the coming years.

The ice-hockey rink at NDS stadium is left incomplete from the past few years due to lack of funds. With the support of Hill Council and foreign friends we are completing the pending ice hockey rink and are very hopeful that under the UT administration, the rink will be completed till next winter. The NDS Ice hockey stadium is planned as per the international standard size rink with an infrastructure to enable our players to practice on the rink for 7-8 months.

Hill Council has appointed Tony Kretzschmar from Canda as the ambassador of Ladakh Ice hockey.

Q. What are the challenges that our Ice-Hockey teams and Club are facing?

The major challenge is the lack of funding. Many players get training in Japan, Finland, Taiwan and Malaysia on their own expenses. We receive many invitations from different countries like USA, Germany and Korea but due to financial constraints, the players are unable to participate. Ice-hockey players are not getting job opportunities apart from Military and Paramilitary services, recently Kiran Rijju, Minister of Youth Affairs and Sports Gol has promised for the Ice-Hockey recognition.

Q. Do you think that climate change is affecting the winter sports of Ladakh? If so, then what is the need of the hour?

Climate change is indeed affecting the winter sports in Ladakh. The rise in temperature is delaying the formation of ice in winter and the rapid melting of ice is an issue because players of Ladakh play on the natural ice sheet. There can be a time when we might not be able to play ice-hockey in the coming years.

To aware people across the globe, Ranstad and UNFCCC are hosting an exhibition match called 'Last Game' across the world. The programme was held in Leh on January 18, 2020. Similarly, we need more awareness among the people along with needed infrastructure.

MESSAGE TO THE READERS

“Leh is one of the few places where people can engage in winter sport activities like Ice-Hockey. We should collectively work to sustain our environment and fight with global warming and climate change.”

To promote Ice-Hockey at the international level and to have well-trained players, we need proper international standard size Ice-Hockey rink. Apart from that, there is also non-availability of Ice-Hockey gear and equipment which cost around ₹70-80 thousand per set.

Fortnight Highlights



Gyal P Wangyal, Chairman/Chief Executive Councilor, LAHDC, Leh hoisted the national flag at Council Secretariat on 71st Republic Day. Deputy Chairman Tsering Sandup; Executive Councilors; Sachin Kumar, Deputy Commissioner Leh, Councilors and staff of Hill Council, Leh were present.



A full dress rehearsal of the Republic Day parade was conducted on January 24 at Leh Polo-ground. Sachin Kumar Vaishya, DC/CEO, LAHDC, Leh unfurled the national tri-colour and took salute of the parade contingents.



Sonam Nurboo, Sub-Divisional Magistrate Nubra hoisted the national Flag in Nubra. Contingent of Higher Sec. Schools Diskit, High schools Hunder, High schools Partapur, Middle School Boys Diskit, Middle schools Girls Diskit, Lamdon Model School Diskit and Primary schools Diskit participated in the march past.



71st Republic day was celebrated with great zeal, fervour and gaiety at New Stadium Khaltsi. Tsering Mutup, Sub Divisional Magistrate Khaltsi, hoisted the National Flag. Contingents comprised of JK Police, NCC and students of different school participated.



On 71st Republic day, Jigmet Rafstan, Sub-Divisional Magistrate Nyoma, unfurled the national tri-colour amidst the gathering of thousands of people, parade contingent of police and various school children in Nyoma.

DC, Kargil, chairs meeting of District Mineral Foundation Trust



Reach Ladakh Correspondent

KARGIL: A meeting on the works/schemes to be executed under Pradhan Mantri Khanij Kshetra Kalyan Yojana (PMKK-KY) out of the District Mineral Fund was held on January 22 in Kargil.

Baseer ul Haq Chowdhary, DC, Kargil chaired the meeting with the members of District Mineral Foundation Trust (DMFT) Kargil.

District Mineral Officer informed about the funds collected by Mineral Foundation Trust, Kargil during the year 2017-2018, 2018-2019 and 2019-2020.

After discussions and deliberation, it was decided that out of ₹30 lakh collected so far, ₹20 lakh will be

utilized for the upgradation and renovation of District Library Kargil which includes the purchase of various books for competitive examinations, improvement of reading rooms and other required necessities. The remaining ₹10 lakh was decided to be utilized for sanitation provision which includes all-season washroom, drinking water supply, heating system and reading room facilities at Bal Ashram Kargil.

Baseer ul Haq Chowdhary directed the District Mineral Officer Kargil who is also the Member Secretary, DMFT to initiate the process of obtaining DPRs for the proposed works for accord of administrative approval. The executing agencies were asked

to ensure proper fulfillment of all codal formalities for the execution of the proposed works and to take care of the quality and quantity parameters.

He also instructed the concerned officers to conduct the annual audit of DMFT as the set rules and guidelines.

Sonam Chosjor, Additional Deputy Commissioner Kargil; Ved Prakash, District Superintending Engineer PWD; Ghulam Muhammad, Assistant Commissioner Development Kargil; AD Planning, Chief Medical Officer, District Social Welfare Officer, District Panchayat Officer, District Mineral Officer and other concerned officers were present.

Meeting held on early opening of Zojila and Rohtang pass

Reach Ladakh Correspondent

LEH: A meeting on the early opening of Zojila and Rohtang passes was convened by Defense Secretary, Govt. of India on January 28.

Umang Narula, Advisor to the Lieutenant Governor of Ladakh; Sanjeev Ranjan, Secretary, Ministry of Road Transport & Highways, representatives of Border Roads Organization, SASE, Chandigarh, National Highways and Infrastructure Development Corporation, representatives of the Govt. of Jammu & Kashmir, Himachal Pradesh and Baseer-ul-haq Choudhary, DC Kargil were present.

Ladakh administration strongly advocated the early opening of the Zojila pass because of the difficulties faced by the people of Ladakh due to closure of roads during winter.

Various other issues including preparation of a detailed SOP for opening and closure of the Srinagar-Leh National Highway to compress the window of road closure, action plan for opening of the Zojila pass involving all stakeholders, expediting the construction of the Zojila tunnel, procurement of additional machinery and equipment for snow clearance, construction of avalanche Galleries and snow sheds,

better technology for pre-icing and post-icing treatment were discussed.

Also, the issues of expediting work on the Shinkun-la Padum-Nimmu road were discussed which is carried out at a very slow pace. The completion of the road will prove a lifeline for Zaskar region which remains cut off for about six months in a year.

The roads will help in evacuating patients and supply of essential commodities along with a boost to the tourism sector in Kargil district.

Feroz Khan flags off Kargil Winter Motor Sports Expedition

Reach Ladakh Correspondent

KARGIL: In line with the 71st Republic Day celebrations, 1st edition of Kargil Winter Motor Sports Expedition was flagged off by Feroz Ahmed Khan, CEC, Kargil on January 26 at Khree Sultan Chow Sports Stadium, Bemathang.

The event featuring 30 participants has been sponsored by several hotels and travel agencies from Kargil and Delhi. Driving nine 4x4 vehicles, the participants will cover about 200 kilometers distance.

The expedition after traversing Hamboingla Pass, Aryan valley of Darchik, Garkone and adjoining villages and Namkila Pass will finally conclude at Kargil on



January 28.

Feroz Ahmed Khan hoped that the event will prove instrumental in giving impetus to winter tourism and winter sports in the district.

Expressing happiness over such types of events being held in the Kargil district for the first time, he extended all possible support

in holding and promoting such activities.

Baseer ul Haq Choudhary, DC, Kargil; Brigade Commander 121 Infantry Brigade Vivek Bakshi; Dr Vinod Kumar, SSP Kargil; Muhammad Mumtaz Ali, Director Tourism Ladakh; Shahnawaz Ahmad Var, organizer of the event and the sponsors were present.

DIET faculty to get Social-Emotional Ethical Learning training

Four government schools will be taken for pilot project, says EC Education

Reach Ladakh Correspondent

LEH: Four faculty members of DIET Leh headed by Principal DIET Leh Konchok Angmo to join in 'Facilitator Training of Social-Emotional Ethical Learning' at Emory University, Karnataka.

Konchok Stanzin, EC Education flags off the team on January 17 from Council Secretariat.

Social-Emotional Ethical Learning programme is developed under the guidance of His Holiness 14th Dalai Lama for Contemplative Sciences and Compassion-based ethics. The training will be held from January 21.

Konchok Stanzin thanked Director Flowering Dharma Tashi Namgyal for organising this important workshop for teachers of Ladakh. He stressed on proper and systematic implementation of SEE Learning training to all the government teachers of Leh



district gradually in coming months.

He informed that four government schools of Leh will be taken as a pilot project for SEE Learning programme and will be extended to all the government schools later.

Flowering Dharma and Emory University will be providing boarding and lodging to the trainees.

Konchok Angmo, Principal DIET Leh and Tashi Namgyal, Director Flowering Dharma highlighted the importance of such training which aims to infuse compassion-based ethics in teachers, students and modern societies worldwide.

Tsetan Dorjey, DEPO, Leh; Tsering Angdus, A.D Planning Education and officers of education department were also present.

Cancer prevalence in Ladakh

...Continued from page 4

spreading at the same time. In Leh, we are also observing an increasing number of non-communicable diseases such as hypertension, obesity, diabetes, blood pressure which mainly results from a sedentary lifestyle. Obesity is also a risk factor for cancer. A preventive strategy of cancer must essentially include these factors.

Different cancers have different staging systems, but in general, there are four stages which include first and second stage which are early cancer stage, third and fourth are widespread cancer stage. Early-stage cancers are generally, curable. Around 50% of the cancer is curable if detected at the right time. Detection of cancer depends on its types, for e.g screening of early cervical cancer which is done easily by the gynaecologist whereas; the screening of stomach cancer is a bit difficult. Late diagnosis is one of the major concerns, as the treatment doesn't cure the disease. At that stage, the treatment

is aimed at palliation, trying to maintain quality of life while prolonging life with cancer, as much as possible. In most of the cases, people ignore symptoms and mild illness; they tend to visit the doctor only after prolonged illness or severe pain. By that time, we see that the disease has already spread to several organs of the body. Thus, early screening is very much important to detect cancer, which needs awareness and most importantly sophisticated hi-tech diagnostic facilities in hospitals.

Treatment varies according to the type and stage of cancer. However, most treatments include at least one of the following and may include all: surgery, chemotherapy, and radiation therapy.

Solutions:

- We need proper data collection system and more research
- Awareness at a mass level about the disease
- Proper diagnostic facilities and sophisticated equipment is very important

NOTICE

402 Lt AD Regt (Comp), Leh invites the application for the opening of wet canteen at the unit location. Interested candidates can contact on: **9484085983, 9906976078.**

Application open from April, 2020 to March 31, 2021



JK SECURITY

Innovating for smarter & safer Ladakh.

We deal & provide service in: CCTV, Biometrics, Fire Extinguisher, Intercom, Automatic School Bell.

We are also on GeM

Office location: Taru Namgyal Complex, Petrol pump, Leh.

Contact: 9419304234, 9622968086,

E-mail: jkcommunicationleh@gmail.com, www.facebook.com/jksecurity24.



CITY CAR CARE

DENTING, COMPUTERIZED PAINTING, REPAIRING, & CAR WASHING ETC.



Choose us for best car service and we shall not disappoint you...!!!

ADDRESS: AGLING ROAD, NEAR FORCE SERVICE
LEH-LADAKH

Contact No: 9419888666, 9596652270,
9419198810, and 9906982222



འོ་ཕྱར་ལི་ཅུ་འེས་གེབ།
OVERLAND ESCAPE

Adventure With Care for Nature...

AIRFARE AT THE BEST PRICE!

We offer the best possible payable airfare covering both domestic and international destinations.

Hurry! Limited seats, grab the best, book now!

Leh to Delhi

₹ 2,000-5,000



Delhi to Leh

April 1 to April 30: ₹ 6,000 to ₹ 6,700



For booking contact:

Overland Escape

Fort Road Office: Raku Complex, Fort Road, Leh Ladakh, 194101 INDIA

Phone Number: 01982-255881 / 257858, 8491947052

Main Market office: Khar Complex, Main Market. Leh Ladakh

Phone Number: 01982-251132, 8491947053



TRAIN TICKETS AVAILABLE

Members:



Recognised by:





LADAKH **OXYGEN**
PLANT

BREATH EASILY
while in
LADAKH
with
OXYGO CYLINDERS

We are distributor of :

UTTAM LUXFERS BRAND
OXYGO CYLINDERS FOR THE
REGION OF LADAKH,
LUXFER WORLD'S BEST
LIGHT WEIGHT
OXYGEN CYLINDERS.

Plant at :
PHYANG INDUSTRIAL ESTATE
Leh-Ladakh-194101,
J&K (India)

Head Office :
Pologround, Leh-Ladakh, (J&K)
Mobile : 9906991393, 9419178162
Phone : 01982 252 498

Branch Office :
Old Road, Opp Hotel Shangrila Ladakh,
Leh-Ladakh (J&K)
Mob. : +91-7051030308

Manufacturer & Suppliers of :
MEDICAL GRADE OXYGEN
INDUSTRIAL HIGH PRESSURE
OXYGEN & NITROGEN GAS

WE PROVIDE DIFFERENT
CAPACITY OF LIGHT WEIGHT
OXYGEN ALUMINUM CYLINDERS
ON RENT BASIS FOR THE TOURIST
PRONE TO HIGH ALTITUDE.

NABL TEST CERTIFICATE NO. :
C1/0000050806

DRUG LICENSE
JK02/1516

REGD. NO.
DICLEH/295